**Essential Belief Statement**

I have always felt that education is very important whether it was my own or others education. It is something that I have always valued and feel that everyone should have the opportunity to receive a great education. With caring so much about education, this has made me choose teaching as my profession with hope that my high set values of education will transpire to my students.

Not only have I always valued education, but I have a passion specifically in health education. My entire life I have played sports and been a very physically active person, always trying to make healthy choices. I feel that it is important to educate others about the importance of maintaining a healthy lifestyle which includes a physical, mental, emotional, spiritual, and social well being. I have chosen middle/secondary education because there is a better opportunity to be able to influence the students on having a healthy lifestyle as they begin to approach their adult years.

As I went through my education as a child, it was easy to see that I was certainly a visual learner. Once I understood what that really meant, it all made sense with why I did well with certain things and not so well in others. Knowing that I struggle with certain teaching styles and excel in others, I will make the effort to try and touch upon the different styles to accommodate everyone. I think that it is important to understand how each of the students learn and try to incorporate different styles of teaching into the classroom. I feel that this is going to effect the methods and approaches I use in the classroom in a very positive manner with the idea of being able to cater to all of the students.

I know that teaching is going to be something that is very demanding. I expect that it will be a lot of work and extremely involved, but I also feel that in the end it will all be worth it. Teaching is not going to be something that is easy and I can get by with not putting in the effort. There are several things that I fear with going into teaching. I am very nervous with the whole idea of classroom management. I know that I am a very easy going person and I want to be able to carry that into the classroom but I hope that I will know when I have to draw the line. These are things that I feel I will someday be very good at. My biggest fear is that I will go through all of this and realize that it is not for me.

Once I have finished this course I am first off hoping to find out whether or not this is the job for me. I really want to be a teacher someday so I am hoping that this course helps me realize that teaching is the right job for me. I hope to learn the skills I will need to have in the classroom such as different teaching styles and classroom management. I also hope to gain some experience so later on I will have an idea of what I will be doing and how to handle certain situations. Confidence is a really important aspect of any job and knowing that you can do what you need to do and feel comfortable with it. I am also expecting to see how the theory and practice of education relate and why we learn what we learn. It will be interesting to see how the two come together.